

Pattern Interrupt Schedule

So much of life is ruled by habit. From brushing our teeth to driving a car, routines help navigate our daily activities. Once a routine has been established we go along with the ghostly flow of an activity without much in the way of conscious awareness.

It is because of the power of routines that even the most well-intentioned plans to change often fail. Without specific effort directed to act in a manner opposite of the habit, our efforts will usually fail.

In order to aid in the process of “planting” new life-promoting habits, I often instruct my clients to use a pattern interrupt system. By scheduling short moments throughout the day to remember some desired new behavior, they have a much better chance of actually doing that which they intend to do.

The pattern interrupt sheet is a tool that will assist in this process. Carry the sheet throughout the day. At the times listed reflect with intention on some goal or idea. Then circle the appropriate selection. While it's ideal to reflect at all of the prescribed intervals, less is good too!

